

AMENDMENTS TO THE CLAIMS

This listing of the claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-4 (Canceled)

Claim 5 (Currently amended) A method ~~according to claim 2~~ for augmenting adiponectin production in an individual, comprising administering by intake of sesamin, and/or episesamin, [[or]] an analogue thereof comprising a dioxabicyclo[3.3.0]octane moiety, or a combination thereof in an amount effective to augment adiponectin production in said individual.

Claim 6 (Currently amended) A method ~~according to claim 3~~ for promoting inducement of small adipocytes in an individual comprising administering by intake of sesamin, and/or episesamin, [[or]] an analogue thereof comprising a dioxabicyclo[3.3.0]octane moiety, or a combination thereof, in an amount effective to promote inducement of small adipocytes in said individual.

Claim 7 (Currently amended) A method ~~according to claim 4~~ for suppressing accumulation of TNF α -producing enlarged adipocytes in an individual, comprising administering by intake of sesamin, and/or episesamin, [[or]] an analogue thereof comprising a dioxabicyclo[3.3.0]octane moiety, or a combination thereof, in an amount effective to suppress accumulation of TNF α -producing enlarged adipocytes in said individual.

Claims 8-20 (Canceled)

Claim 21 (New) The method of claim 5, wherein said sesamin, episesamin, an analogue thereof comprising a dioxabicyclo[3.3.0]octane moiety, or a combination thereof are administered in a food or drink.

Claim 22 (New) The method of claim 5, wherein said sesamin, episesamin, an analogue thereof comprising a dioxabicyclo[3.3.0]octane moiety, or a combination thereof are administered in a pharmaceutical composition.

Claim 23 (New) The method of claim 5, wherein augmenting adiponectin production comprises raising the concentration of adiponectin in plasma or serum of said individual.

Claim 24 (New) The method of claim 23, wherein said raising the concentration of adiponectin in plasma or serum ameliorates insulin resistance, diabetic large artery disease, or coronary artery disease in said individual.

Claim 25 (New) The method of claim 6, wherein said sesamin, episesamin, an analogue thereof comprising a dioxabicyclo[3.3.0]octane moiety, or a combination thereof are administered in a food or drink.

Claim 26 (New) The method of claim 6, wherein said sesamin, episesamin, an analogue thereof comprising a dioxabicyclo[3.3.0]octane moiety, or a combination thereof are administered in a pharmaceutical composition.

Claim 27 (New) The method of claim 6, wherein said promoting inducement of small adipocytes in an individual ameliorates insulin resistance or obesity.

Claim 28 (New) The method of claim 7, wherein said sesamin, episesamin, an analogue thereof comprising a dioxabicyclo[3.3.0]octane moiety, or a combination thereof are administered in a food or drink.

Claim 29 (New) The method of claim 7, wherein said sesamin, episesamin, an analogue thereof comprising a dioxabicyclo[3.3.0]octane moiety, or a combination thereof are administered in a pharmaceutical composition.

Claim 30 (New) The method of claim 7, wherein said suppressing accumulation of TNF α -producing enlarged adipocytes in an individual ameliorates insulin resistance or obesity.